

# Public Health Statement for Medical Absence



Maricopa County Department of Public Health recommends all employees/students/daycare attendees who have a fever\*, cough, runny nose, shortness of breath, or other respiratory symptoms stay home and not return to work/school/daycare until they are free of fever and other respiratory symptoms for at least 72 hours (without the use of fever-reducing medication). Chronic medical conditions like allergies or controlled asthma do not require exclusion from work/school/daycare.

This recommendation applies regardless of whether the individual has been tested for COVID-19 or not, and is advised to reduce overall risk of transmission of flu-like illness before returning to work. Employees should notify their supervisor and stay home if they are sick.

The following daycare attendee, student or employee should remain in home isolation until 72 hours after symptoms of acute infection resolve:

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Name of daycare attendee/ student/employee	Date of symptom onset
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\*Fever is defined as 100.4° F/37.8° C or greater, using an oral thermometer

The following will guide you in how long you need to be in home isolation for your illness. (It is not required for you to share this information with your employer)

**If you have**

- Tested positive** for COVID-19, and should:
  - Remain in home isolation for **7 days** after COVID-19 testing **OR** until **72 hours** after fever and symptoms of acute infection are gone, **whichever is longer**.

**If you have**

- A **negative test** or **no test** for COVID-19, but has **fever** or respiratory symptoms consistent with COVID-19, should:
  - Stay home and away from others until **72 hours** after fever and symptoms of acute infection are gone.

Be sure to watch for emergency warning signs for COVID-19 that should trigger seeking medical attention immediately. Emergency warning signs include, but are not limited to, the following:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to wake up
- Bluish lips or face

People who are mildly ill with respiratory symptoms can isolate at home during their illness, and have been provided: 10 Things You Can Do to Manage Your Symptoms at Home.

# 10 things you can do to manage your health at home

## If you have possible or confirmed COVID-19:

1. **Stay home** from work, school, and away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



3. **Get rest and stay hydrated.**



4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



6. **Cover your cough and sneezes.**



7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



8. As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.



9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



Please go to [www.cdc.gov/covid19-symptoms](https://www.cdc.gov/covid19-symptoms) for information on COVID-19 symptoms.

